Hawaii Marine C Section March 7, 2003

Hawaii high schools compete for fitness

Students from four Hawaii islands compete in Corps' Physical Fitness Festival at K-Bay

> Story and Photos by Cpl. Jessica M. Mills Sports Editor

Sometimes service members take for granted their ability to stay physically fit. They may forget the work, sweat and tears it took them to be able to do 100 crunches or 20 pull-ups.

On Feb. 28, Marines and Sailors were given a reminder when 26 teams of students from high schools on Oahu and surrounding islands competed in the 32nd Annual U.S. Marine Corps Youth Physical Fitness Festival at Pop Warner Field aboard MCB Hawaii, Kaneohe

High school students from Oahu, Kauai, Maui and Hawaii traveled to K-Bay to compete against each other for the esteemed title of champion of the

"We put this competition together to give the students a chance to compete in a physical fitness activity," said retired Senior Chief Linda Naki, a Naval JROTC instructor at Campbell High School. "They do this type of plain old physical training every day, so they like the chance to compete in it with other students."

The various competitions included two minutes worth of sit ups and push ups, three attempts for the longest long jump, the highest amount of pull ups completed and a 300yard shuttle run with five 60yard legs.

Cmdr. retired High School.



Nicole Hockenberry, 15, from Leilehua High School, tries to muster a bit more energy to perform a few more push-ups before her time runs out during the push-up portion of her Youth Physical Fitness Test.

medics from Combat Service students during the festival. Support Group 3; and area

Salvage Unit 1; a handful of teamed together to support the

Bn. al." The Headquarters Marine Corps recruiters all Marines oversaw the pull ups,

long jumps and shuttle runs while the Sailors from Mobile Diving and Salvage Unit 1 administered the sit ups and helped set up equipment.

Marines from CSSG-3 oversaw the check-in and administration while the recruiters assisted in different physical and technical aspects throughout the something came day.

"The volunteers were utterly fantastic. Their teamwork and can-do spirit really kept this day running smoothly," said Hutchinson. "They were able to take charge, and their competency levels were off

"The level of standards they were able to adhere to was more than

impressive and very profession-

Naki

more than satisfied with the turnout events.

"Compared to last year's festival, was amazing. They were completely committed, no one just stood around, every time

it," said Naki. "We only had to explain things once and they knew what to do."

The top student for the entire competition was Noah Robinson from Campbell High School, who won with a total point score of 303.

The first place male team was from Campbell High School with a score of 1,411 points; the second place team hailed from Kalaheo with a score of 1,328;

Team members from Leilehua High School attempt to get as many sit-ups completed as they possibly can, assisted by members of the Mobile Diving and Salvage Unit 1, from Hickam Air Force Base.

up, they volunteered to handle and the third place finisher, Waimea High School, finished with a score of 1,317.

In the female division, Waimea High School took top honors with a score of 793 points; followed closely by Punahou High School, which won second place with 712 points; and Campbell High School's girl's team secured third place with a score of 633.

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The festival was coordinated Hutchinson, senior naval science instructor at Campbell More than 29 Marines from the charts. Headquarters Bn., MCB Allen Prest Jr., 16, from Baldwin High Hawaii, Kaneohe Bay; 13 Sailors School, gets in good form to make his from Mobile Diving and long jump.

10th grade K-Bay family member prevails as Interscholastic champ

Lance Cpl. Monroe F. Seigle Combat Correspondent

He weighs only 135 pounds and is 5 foot 6 inches tall, but no one can defeat him.

His smooth smile coupled with his light-green eyes make him look like any other 16-year-old walking the halls of Kalaheo High School in Kailua.

But he is dangerous — in the ring. Chris Bovo, a 10th-grader, likes to play rough. He likes to take his opponents down to the mat and use his force to pin them. He likes to wrestle — a lot.

The native of Jacksonville, N.C., began wrestling in October of 2001. In his first season, at his first competition, when he was only 14 years old, he placed third in the regional state championships. He took 23 of his opponents down to the mat and pinned them. Only eight other wrestlers were able to defeat this smooth-moving warrior.

"After I won, I felt awesome because I was up against all juniors and seniors," said Bovo. "They were also heavier than me."

By the end of his first season of wrestling, he had quickly learned techniques and was developing his own strategies to defeat opponents.

During the competitions, Bovo



Chris Bovo, right, squares off against Darrell Poole, a 10th grader at Kalaheo High School, during wrestling practice.

watched the more experienced fighters and learned from them. He began to perform the same tactics.

"You can learn a lot from just watching the other fighters," he said as he smirked a devilish grin. "Before I fight wrestlers, I already know what tactics they are going to use and can formulate a plan on how to defeat them in the ring. I can see their flaws

> along with their weaknesses, and I go in the ring with confidence."

Before the youngster's second season began, he spent his time gearing up for upcoming tournaments. Lifting weights and running three miles at a time was included in his daily routines.

When the 2003 season began, his coach Alex "Flea" Sutherland, the head coach for the Kalaheo wrestling team, had already recog-

See WRESTLING, C-6

3rd Marines to host 10-mile, 10K runs, March 22

Marine Corps Community Services Press Release

The 10th Annual 3rd Marines 10-Mile Run & 10-Kilometer Run will take place March 22 at 8 a.m., and is open to the public.

Both runs will start and finish at Pop Warner field aboard MCB Hawaii, Kaneohe Bay, and will wind throughout the base, overlooking the scenic and picturesque installation.

The individual entry fee is \$15, and the formation fee is \$100 for groups composed of 10 runners. Cost includes a race T-shirt; however, no T-shirt is guaranteed after March 14.

The top three finishers overall and the top finisher in each age group will receive awards.

A 1-mile Family Fun Run will be conducted after the 10-mile and 10K runs, at approximately 8:45 a.m. The Family Fun Run is free of

Packets for either run are available for pick up at the Semper Fit Center between 9 a.m. and 4 p.m., March 20 and 21.

For more details, contact the Marine Corps Community Services' Athletics office at 254-7590 or 254-7597.

Base Sports

Edward Hanlon V MCCS Marketing

The Greens Call on Swingers for St. Patty's

All hands are invited to the 21st Dental Company's St. Patrick's Day Golf Tournament, March 14.

The tournament will be a 4man scramble with mulligans and strings. Tee off time will be at 12:30 p.m. and check in at 11:30 a.m.

There will be prizes awarded for first through third place, closest to pin, and longest drive.

The cost to enter is \$25 for E-1 to E-5, \$35 for E-6 to O-3, \$40 for O-4 & up, \$45 for DoD employees, and \$50 for Non-DoD.

For more details, call Petty Officer Second Class Maika at 257-5573 or 783-9570

Kahuna's Sports Bar Unveils Lazy Day Gathering

Soak up some sun and grill your own steak at the "Lazy Day Sunday Picnic" March 16 from noon - 5 p.m. Kahuna's Sports Bar and Grill crowd may enjoy a few beverages and great company during this event.

Spend your Sunday afternoon appreciating grilled cuisine, the Corps and Hawaii. For details, call Kahuna's at 254-

Kids Bounce into Spring

Working parents can be certain that their bundle of joy will not be sitting idle in front of the TV eight hours a day during Spring Break if they enroll them into the Youth Activities Spring Adventure.

Geared for kids in grades K-6, all MCB Hawaii youth may participate in this day camp going on March 17 - 28. Both fulland part-day programs will be offered.

Kids will spend their day with a certified staff member and engage in sports, arts and crafts, field trips and many more activities.

Spaces are limited, so parents should make reservations soon. The fee paid will be based upon total family income.

For more information, call Youth Activities at 254-7610.

Navy League Tourney **Seeks Golfers**

The Navy League is sponsoring a golf tournament March 28 at the Kaneohe Klipper Golf Course aboard MCB Hawaii, Kaneohe Bay.

For more details, contact the Navy League at 422-9404.

SM&SP Wants the Best Ball to Win

It will be fair game on the fairway March 21 at the Single Marine & Sailor Program's Shank & Slice Best Ball Tournament.

This day on the links is open to all single, active duty military; however, junior enlisted may bring their superiors as guests.

tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes. There will also be prizes awarded by blind draw giveaways.

Costs are \$22 per person for E-5 and below and \$30 per golfer E-6 and above. Included in the price are green fees, carts, prizes, pupus and sodas.

For those interested in partic- 254-2107. ipating and spending the day on spectacular Kaneohe Klipper Golf Course, call 254-

Register by March 20 at the SM&SP Office, Bldg. 219, or at the Semper Fit Center, Bldg.

Space is limited, so register

Aquatics Crews may Splash into Spring

It's springtime, and the living's easy. Join the Aquatics crew for the 2003 Spring Splash at the Kaneohe and Manana Housing base pools.

Events will be held on March 22 aboard Kaneohe Bay, and March 29 aboard Manana Shank & Slicers will begin the Housing, both from noon - 4

> These events are free to military, family members, DoD civilians and reservists.

Enjoy music, games and door prizes along with numerous other events. Plus, there will be free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, a Pool Hawks Swim Team racing challenge and demonstration, Junior Lifeguard registration and information, and even a bouncy

For more information, call the base pool at 254-7655.

the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may par-

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays.

Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are wel- tions may advertise upcoming come to bring their own clubs or use clubs provided.

Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

Whether your child strives to be like Tiger Woods or simply is interested in trying something new, the Junior Golf Program is a great place to begin.

For more information, call

Sharkey's Quick Bite Opens

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Mondays - Fridays from 10:30 a.m. – 1:30 p.m.

For more information, call 254-7641 to get in touch with Quick Bite staff.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with atti-

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and an arcade. Organized parties are also wel-

Call K-Bay Lanes at 254-7693.

Paintball Takes Aim

Let your "inner-predator" Young Chippers can Golf at come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

> The paintball field is open Fridays, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more, call 265-4283.

Recreation Gets Advertised

Individuals and organizasports and recreational activities of general interest to the military or Department of Defense community in the "Base Sports" "Community Sports" columns.

Send items of interest, at least two weeks in advance of the event, to the editor at 257-2511. For more details, call 257-8836 or 257-8837.

Base All Stars

NAME: Jeremy Woodruff

BILLET: Disburser

UNIT: Headquarters Battalion, MCB Hawaii

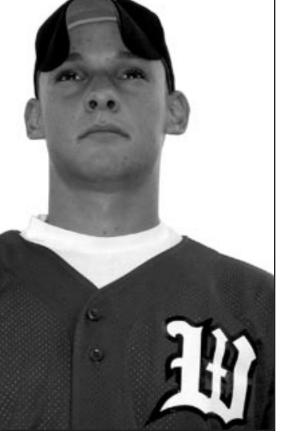
SPORT: Baseball

POSITION: Outfielder

 Woodruff is a native of Southern Indiana. He has been playing baseball since he was 13, which gives him about six years experience.

Accomplishments: During his junior year in high school, Woodruff helped his team win the regionals.

He also helped his high school team become state runner-up.



Sat. Jereme Edwards

"This sport is relaxing, yet high paced. The game changes so quickly that even though it's relaxing you can never slack off."

COMMUNITY SPORTS

NCAA Championship to be **Televised Live**

Hawaii's CBS affiliate, KGMB Channel 9, has announced that the NCAA Men's Championship Basketball Game will be broadcast live on April 7 at 3 p.m., then will re-air at 8 p.m. for the benefit of all sports fans in Hawaii.

Fans can catch the "March Madness Tournament" beginning March 17 at 8 p.m. on Channel 9.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato. You can learn how to choose the best

waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more, call 259-8080.

Makapu'u Hike Goes Monday

Mondays at 8:30 a.m., you can hike

Makapu'u Lighthouse. This two-mile round-trip hike on a steep, paved road takes you way above the lighthouse.

Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. On clear days, the islands of Lanai, Moloka'i and Maui can be seen.

The Makapu'u Lighthouse is also a popular spot for whale watching, so take the opportunity to observe whales during the winter months.

Make sure to bring water, sunscreen, a hat and closed-toe shoes if you participate in this hike.

If you can do Diamond Head, you will be able to make the Lighthouse!

Cost is \$8 for adults and \$5 for youth (children 12 and under). For more details, call 259-4121.

Pearl Harbor Needs Roller Hockey Players

Roller hockey players are needed on Pearl Harbor's sub base, to help jump start a new league. Experience is not needed; however, players must be at least 15 years of age.

Come down on either Tuesdays or Thursdays at 5 p.m. to play, or any day to sign up. Friday night is pick-up night with a \$3 fee; goalies play for free.

p.m. at 422-4639, or Kehone after 3 p.m. at 473-3295.

Free Hunting Classes Offered

Hunter education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years of age or older who enjoys the outdoors — not just hunters.

The next two-day class is March 21 at 5:45 - 10:15 p.m. and March 22 at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To sign up, contact the Hunter Education Office at 587-0200 to preregister, or for more information.

Bellows Sponsors Camping

Bellows offers a great climate for yearround camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what

For more information, call John after 4 many consider the best beach on the island of Oahu.

> Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one sixman tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat. You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 ShipShape program can help meet your

This eight-week action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure winning results that will meet your military health and weight standards.

For more details, or to register for the next orientation, call the Naval Medical Clinic at 471-9355.

Failed free throws sink Pendleton at finals

Marines fall to Navy at Southern Pacific Athletic Conference held in San Diego

<u>Iohn Raifsnider</u> MCB Camp Pendleton, Calif.

NAVAL STATION SAN **DIEGO** — Eight missed free throws. That was the difference in the Camp Pendleton women's varsity's 55-53 loss to Naval Station San Diego in a crucial Southern Pacific Athletic Conference game here Feb. 20.

The eight misses on 10 attempts came after the Marines had rallied from a 51-41 deficit to pull within two points, 53-51, with 2:45 left in regulation.

The win would have put Pendleton, a team consisting of service members and military family members, in third place — only two games behind conference leader Miramar, and just one behind the Naval Station.

defensive effort in the game's Lawless and scored 11 points, final five minutes forced six Naval straight Station turnovers. Naval Station usually responded by fouling Pendleton ball handlers.

Late fouls put Pendleton at the charity stripe with a chance to tie the game four times, but the foul shots failed.

"If we had made even two of those free throws, we'd be on the opposite side of the score," said Pendleton coach Quinton Clement. "We should have also made a couple more layups, and that would have helped us,

"Those last two missed free throws, that surprised me. We should have made those."

Pendleton newcomer Becky

Staubes scored 23 points and held Pendleton's last chance to send the game into overtime when she walked to the freethrow line to shoot two, with just 14 seconds to play.

Both of Staubes' shots missed, and the Sailors held on for the win.

"The missed free throws really hurt us tonight," said Clement. "We've played badly against this team the last three times we've faced them. Tonight, I thought we played really good defense, and we were better all around.

"But, we missed a lot of free throws. We didn't make some layups like we should have. That cost us."

Clement had nine players in uniform against the Sailors, but was missing Ashley Lawless, his rising backcourt star who took over more than two weeks ago for point guard Nadine Freiberger. Lawless' no-show status puzzled Clement.

"I thought she was going to be here. I don't know what happened with her," he said.

Another newcomer, Latricia Pendleton's frantic full-court Johnson, stepped in for including six in the last five minutes of the game to bring the Marines back from a 10point deficit — a hole Pendleton found itself in most of the game.

> By intermission, the Sailors were up 29-19 and claimed their biggest lead of 13 points at 35-22, with two minutes gone in the second half. But Navy missed six straight fieldgoal attempts.

Six points by Staubes, over the next four minutes, helped pull the Marines to within victory. three points at 38-35.

Then, the coldshooting baton was passed from the Navy back to Pendleton.

Pendleton (2-3) missed on seven straight attempts from the field and quickly found itself staring at another doubledigit disadvantage Staubes buried a 3-pointer and assisted Johnson on a breakaway layup to close the gap to four points, 52-48, with 4:10 to play.

That's when those missed free throws hurt the most.

"Getting to the basket was no problem for us," Clement said afterward. "Making our free throws at the end, that was our problem.

"Every time we'd go to the basket, they would foul us. Then we'd get to the free-throw line and couldn't make those shots," he explained.

The Navy (4-1) made the most of Pendleton's missed free throws and its own control the boards at both ends of the court. Despite giving up a height advantage to Pendleton, the Sailors relied on strong rebounding by Brenda Hoffman and Wendy Diggs to secure second and third shots from the field.

'We lost a tournament last week at Miramar because we didn't do a good job of rebounding," said Navy coach Allan Layne. "Tonight, I told my team we had to do a better job on the boards, and they did.

"They did a really good job of boxing-out and rebounding. That kept us ahead in this game," he emphasized.

Requilda Quintana added 12 points for Pendleton, despite sitting out much of the second half with an ankle sprain.

Brindle Summers gave 12 points to lead the Navy to its



Pendleton's Becky Staubes soars for two of her game-high 23 points against Naval Station San Diego. The women's varsity lost and fell to 2-3 in league play.

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spotlight on health

21st Dental gives kids something to smile about

Petty Officer 2nd Class Isabell Cortinez

Special to the Hawaii Marine

In observance of "Give Kids a Smile Day," the 21st Dental Company participated by providing free dental exams, along with sealants, on Feb. 21 for prekindergarten thru elementary school aged family members.

Since 1941, the Bureau of Medicine and Surgery, in conjunction with the American Dental Association, has designated the month of February as National Children's Dental Health Month.

The staff at 21st Dental Company is currently making its rounds through Mokapu Elementary School classes, where the staff is providing information to students about flossing, brushing and the importance of visiting the dentist on a yearly basis.

Officer 3rd Class Cunningham also recently visited with some Kailua Elementary School stu-

"Kids today are more aware of the importance of being dentally healthy," said Cunningham. "Based on the type of questions and comments they asked, they are also more informed and aware of the consequences of not taking care of their teeth."

The 21st Dental Company says concerned parents frequently ask many of the same questions.

When should my child first see a den-



Petty Officer 2nd Class Eugene Trinidad

Navy Lt. Sepher Rajaei, a dentist, gives dental care instructions to Petty Officer 3rd Class Samuel Compton and his daughter Abigale.

tist, and why?

The ideal time is when your child's first (primary) teeth come in. As a general recommendation, wait no longer than age 2.

This 18-to-24-month age window is an ideal time for the dentist to carefully examine the development of your child's mouth. Because dental problems can often start when kids are very young, an early visit can be more beneficial.

What will happen on the first visit?

The first visit should be nothing more than the "icebreaking visit" to get your child acquainted with the dentist and dental procedures. If the child is frightened, uncomfortable or noncooperative, a rescheduling may be necessary. Patience and calm on the part of the parent, and reassuring communication with your child, are very important in these instances.

Short, successive visits are meant to build the child's trust in the dentist and the dental office, and can prove invaluable if your child needs to be treated later for any dental problem. If the child is compliant, the first session often lasts between 15-30 minutes and may include the following, depending on age:

• A gentle, but thorough, examination of the teeth, jaw, bite, gums and oral tissues, to monitor growth and development and observe any problem areas;

• If indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tarter build up and stains; Xrays; a demonstration of proper home cleaning; assessment of the need for flu-

The dentist should be able to answer any question you may have and try and make you and your child feel comfortable throughout the visit.

How do I find a good dentist?

Many general dentists treat children. If yours does not, ask for a referral to a good pediatric dentist in your area.

A word-of-mouth recommendation from a friend of family member can also yield the name of a quality dentist.

For more information or questions regarding preventative dental care, contact Navy Lt. Sepher Rajaei or Petty Officer 2nd Class Isabell Cortinez at 257-3100,

Misaligned jaw bones may cause headaches for some

NAPS Featurettes

There could be good news for more than half of the 80 million Americans who suffer from everything from mild and annoying tension-type headaches to severe and debilitating mi-

graines. Medical experts say one of the most common causes of head, neck and facial pain is a long-term conflict between the biting surfaces of the teeth and the jaw joints, commonly known as TMJ dysfunction or occlusal interference.

The problem is caused by a

slight misalignment of the teeth that causes the jaw joint to be pulled out of the socket during biting and swallowing. This can cause painful muscle fatigue spasms and leading to headaches, neck pain and general facial pain.

tioner has come up with a possible solution. Dr. Jerry Simon, D.D.S., spent many years researching occlusal interference, what many consider the most fundamental, but overlooked, issue in dentistry today.

As a result, he developed a Now, a veteran dental practi- small plastic device that both assists dentists in determining whether a patient's pain is biterelated and provides short-term pain relief during the treatment

"Many headaches cannot be diagnosed by standard medical

See DENTAL BITE, C-5

DENTAL BITE, From C-4

tests such as MRIs, CAT scans and blood tests, so the diagnosis is often made on the symptoms reported by the patient, leading to an incorrect diagnosis, and thereincorrect fore treatment by the doctors," plained Simon.

With the "Discluder," patients bite down on the device, then it instantly assists the jaw joints in stabiliz-

ing so that the muscles no longer strain. The spasm is released and the pain stops, generally in under two minutes.

Nowadays,

aches caused by

dental bite prob-

lems can be diag-

nosed by your den-

tist almost instantly.

As well, dentists

have tools that may

aid in stopping the

head-

There are several symptoms of jaw misalignment:

- Any head, neck or facial pain.
- •Popping, clicking, ringing or grinding sounds in your jaw or ears.
- A sore jaw in the morning or during chewing.
- •Pain from a whiplash injury that fails to go away.

If you have any of these symptoms, it may be a good idea to consult with your dentist.



NAPS Featurettes

Every day, parents are barraged by stories of children getting hurt or injured in countless ways. Keeping kids safe, however, does not mean hiding them in a fortress-home. In fact, there are some surprisingly easy things parents can do to keep their kids out of harm's way.

An innovative child safety and injury prevention initiative, funded by the Children and Families Commission of Orange County, Calif., is leading the way by providing parents with educational tools they need to protect their children. The commission adopted a simple "Top Ten," part of its Child Safety and Prevention Initiative, to aid caregivers.



1) Keep all medihousehold cleaning and beauty products locked and out of a child's reach.

The leading cause of serious injuries to children is poisoning by medication. Medication and household products should be locked and out of reach.

Also, be sure your childcare facility and the homes of grandparents, friends and other relatives are child-proofed, as

2) Always keep a first-aid kit on hand – whether at home or travelling in your vehicle — for cuts, scrapes and burns.

3) When your child is old enough to begin riding a tricycle, he or she should wear a helmet

designed for young children.

4) Stay within arms'

reach of children play-

ing in or around a pool or other bodies of water, even when kids are bathing in the bathtub at all times. This means you should create "layers of protection" such as a perimeter fences, door locks

and alarms. Also, don't leave toys near a pool and appoint a responsible child supervisor or observer near a pool or body of wa-

5) Don't leave your children unattended in a closed vehicle — no matter how quick your errand is. In addition to the dangers of sweltering heat in the summer, be aware of cold-weather dangers in low temperature areas.

6) Know where your child is when you are backing out of your driveway. Since many families now drive minivans and SUVs, it is important to always

check blind spots before shifting gears. 7) Hold hands with your child when near or crossing streets. All too often we lose track of what we are doing while

> waiting for a light to change. However, a short step off a curb can end in tragedy for a child.

8) Be aware when children are near open windows or ledges. You can prevent falls in and around your home with window locks, window guards and cabinet locks.

Keep your doors locked so your younger children cannot get out of areas without your knowledge.

9) Check to make sure your child passenger seat safety restraints meet the needs of your child and other kids. Have the fire department, local police, children's hospital, or your pediatrician make sure your child's car seat meets all safety requirements.

10) Make sure your child understands the danger of strangers, as children are coaxed into unknown automobiles everyday. Sometimes, you just can't be too cautious with some subjects.

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WRESTLING: Kalaheo's Bovo still rules in Oahu wrestling

From C-1

nized the determined youth's potential.

"He works hard in school and just as hard on the mat," said Sutherland. "When I first met him, I thought he was all talk, like a lot of the young wrestlers. He proved himself to me. He is an explosive competitor with an 'Iwill-show-you attitude'."

So far this season, Bovo has earned honors as the Oahu Interscholastic Wrestling Champion. During a twoday tournament, he showed no mercy to 31 opponents as he roughed them up on the mat. Before he took the championship, Bovo's final fight was against another wrestler with a reputation and record just like his own.

"The other fighter was 28-0, and I was 32-0," said Bovo. "He was very cocky and said he could beat me because I was smaller than him. When I heard him say this, I had to prove him wrong."

Prove him wrong was exactly what Bovo did. In the final second of the first round, the trash-talking opponent met his fate when Bovo pinned him for the championship and the final victory.

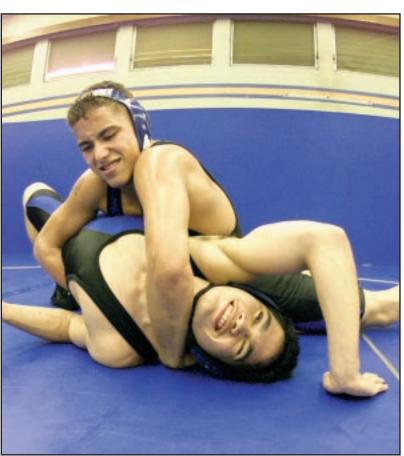
"This was one of my proudest moments," said Gunnery Sgt. Michael Bovo, the mess chief for 3rd Marine Regiment and Chris's father. "He wins most of his matches with heart; his level of determination is much higher than the other fighters."

Chris Bovo is continuing to train on the mat and excel in school. He has plans to finish high school and attend law school at Duke or Ohio State University because either has a great wrestling team. coming a lawyer.

"I love wrestling, but being a lawyer is where the money I want to inspire other kids is," the junior Bovo said as his and let them realize what a green eyes light up on his

He also plans to coach young face. "I want to earn a wrestling one day after be- law degree, then coach wrestling in my spare time. "

"Wrestling is a great sport. great sport wrestling is."

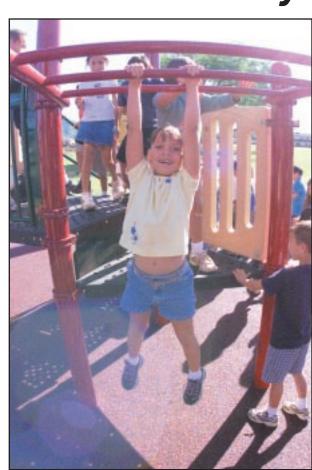


Lance Cpl. Monroe F. Seigle

Bovo brings the pain to Poole with a strenuous takedown execution.

Kid testing the new playground at K-Bay

Jade Fodriguez, a 2nd grader at Mokapu **Elementary** School, which is located aboard MCB Hawaii, Kaneohe Bay, swings on the monkey bars at the new playground recently established for the students of Mokapu. The Department of Defense funded the construction of the new playground, and before the children converged on the new equipment, Col. Richard Roten, deputy commander of MCB Hawaii, cut the ribbon to officially open the grounds for play.



YOUTH FITNESS, From C-1

"This was my first year here, and I really enjoyed it," said Michael Ishibashi, 16, who competed with Waimea High School.

"I had a chance to meet a lot of new people and they were all really

"It gave me a chance to see what the military is really like," he explained.